



Tame the Chaos

SUMMER FEEDING KIT

with DIANA RICE, RD

Hi, I'm Diana!

PEDIATRIC DIETITIAN & PARENT COACH

I'm a registered dietitian, Certified Intuitive Eating Counselor, and a busy mom of two. I'm also the owner of [Tiny Seed Family Nutrition](https://www.tinyseednutrition.com) and the creator behind [@anti.diet.kids](https://www.instagram.com/anti.diet.kids).

While I'm passionate about ditching diet culture, a huge part of my work is helping families figure out how to feed themselves in ways that feel realistic, nourishing, and sustainable in real life. And I know this is especially tough in the summer, when schedules disappear, snack requests multiply, and someone's asking for a food every 20 minutes!

Over the years, I've helped hundreds of families create simple meal systems that reduce stress instead of adding to it.

This toolkit will help you get through the summer chaos with the exact ideas, shortcuts, meal systems, and feeding strategies I use both professionally and in my own home. Let's do this!



The Division of Responsibility

Before you get your meals organized, keep in mind that the most helpful framework for reducing food stress in families is the Division of Responsibility (DOR), developed by Ellyn Satter. This framework helps create supportive structure without turning feeding into a battle.

Parent's Roles:



WHAT



WHEN



WHERE

Child's Roles:



WHETHER



HOW MUCH

A helpful phrase to remember: **Structure + flexibility = calmer feeding!**

Chaos-
Busting

BREAKFASTS

Having a handful of go-to breakfast options can help mornings feel calmer while also making it easier to offer meals that are delicious, convenient, and supportive of your child's nutrition.



Easy Protein Pancakes

These pancakes use regular pancake mix with a few simple additions to make them more filling and protein-rich while still tasting familiar and kid-friendly.

[Get the recipe on Plan to Eat](#)



Greek Yogurt Banana Muffins

These soft, lightly sweet muffins freeze well and are an easy grab-and-go option for breakfasts and snacks.

[Get the recipe on Plan to Eat](#)



Hash Brown Burritos

These freezer-friendly breakfast burritos are hearty, filling, and easy to reheat on busy mornings.

[Get the recipe on Plan to Eat](#)

Chaos-Busting

LUNCH IDEAS

Lunch is often the meal where summer feeding starts to feel chaotic. Having a handful of easy, repeatable lunch ideas can dramatically reduce stress while still keeping your family eating well this summer.



Freezer PB&Js

These freezer PB&Js work well for camp lunches and pool days, and can save a huge amount of time during busy weeks.

[Get the recipe on Plan to Eat](#)



Tomato and Mozzarella Pasta Salad

This flexible pasta salad is filling, customizable, and tastes even better after a few hours in the fridge!

[Get the recipe on Plan to Eat](#)



Snack Plate Lunch

Instead of preparing a traditional "recipe," you can build a balanced meal from easy grab-and-go foods your family already enjoys!

[Get the recipe on Plan to Eat](#)

Chaos-
Busting

DINNER IDEAS

Dinner does not need to be complicated to be nourishing! A handful of easy, repeatable meals can reduce stress, simplify grocery shopping, and help you get food on the table, even on the busiest summer evenings.



Make-Ahead Quesadillas

These freezer quesadillas reheat quickly and are perfect for busy days when nobody wants to cook.

[Get the recipe on Plan to Eat](#)



DIY Naan Pizzas

These are an easy, low-stress dinner because everyone can customize their own while still eating the same meal!

[Get the recipe on Plan to Eat](#)



BBQ Pulled Chicken Sandwiches

Using pre-cooked shredded chicken keeps prep minimal while still creating a filling, crowd-friendly meal.

[Get the recipe on Plan to Eat](#)

Life-Saving

PRODUCTS

Okay, “life-saving” is a bit of a stretch, but little things that simplify summer feeding DO take the edge off! These are my tried-and-true favorite products for delicious and healthy meals this summer.

➤ Fruit Salad Container



I especially love this Rubbermaid container for fruit salad because the vented lid helps the fruit last a few extra days!

➤ Large Snackle Box



I love this particular “snackle” box because it only has four compartments. I can quickly fill it with produce, snacks and dip and have an easy option ready to go all day.

➤ Smoothie Cups



These cups make smoothies effortless! Fill them with frozen fruit ahead of time and just add liquid and blend when you're ready for a smoothie.

➤ DIY Freeze Pops



I've tried all kinds of popsicle molds, but these are the ones I actually use. I especially love using them to freeze leftover smoothies!

FAMILY PREFERENCES

Start your summer meal planning by asking everyone to share their favorite meals. For kids, this especially helps them know their voices are heard!

NAME:

NAME:

NAME:

NAME:

SIMPLE MEAL OPTIONS

Explore your preferred grocery retailer for items that can make dinner planning easier. Check out each of the listed categories on this page and the next to get some ideas of easy, simple meals that will work for your family this summer!

FREEZER ITEMS

(frozen pizzas, lasagnas, meatballs, chicken tenders, dumplings, empanadas, etc.)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

SAUCES AND SLOW COOKER STARTERS

(often found in the international aisle)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

TAKE AND BAKE/FULLY PREPARED MEALS

(often found in the refrigerated deli section)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

SIMPLE MEAL OPTIONS

PRE-MARINATED MEAT/PROTEIN

(seasoned fish, chicken, steak strips, marinated tofu cubes, etc.)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

EASY VEGGIES

(steam-in-bag broccoli, stir-fry mixes, frozen green beans, etc.)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

SIDE DISHES

(mashed potato flakes, take-and-bake bread, seasoned frozen vegetables, etc.)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

WEEKLY MENU

This worksheet will help you create a one-week meal plan you can rely on in order to start having regular meals on hand.

Step 1: List your top meal ideas in the spaces below. These can be home-cooked, take-out, frozen meals...whatever works for you!

Step 2: Using the meal ideas section for inspiration, assign a meal to each of the spots below. Consider your busy nights and assign the easiest meals to those. Save more involved meals for less busy nights and weekends.

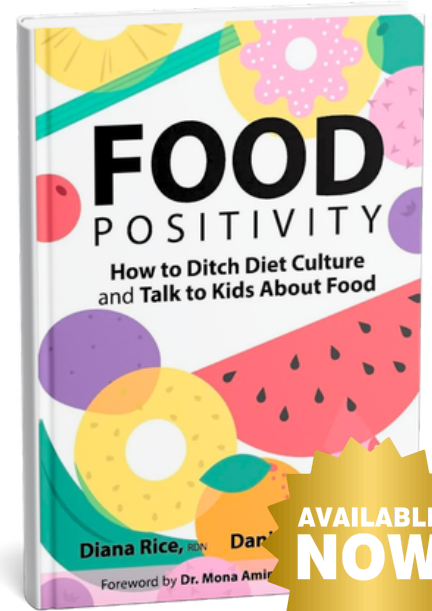
Remember: Just because you write something down on a certain day, you don't necessarily have to eat it that day. Use this as a loose outline and move things around however works best for you!

MEAL IDEAS:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Keep Learning



AVAILABLE NOW

While this guide is all about making summer meals easier, my book **Food Positivity** dives deeper into the everyday questions parents face about feeding kids, from picky eating and sweets to nutrition, body image, and raising children who have a healthy relationship with food.

You'll learn practical strategies for reducing food battles, building trust around food, and creating a family feeding environment that supports both nutrition and well-being. [Find it here!](#)

And for even more support, join my free Facebook community, **Raising Anti-Diet Kids**. Inside the group, you'll find practical conversations about:

- Meal planning (with a few processed foods here and there!)
- Supporting great nutrition without making foods off-limits
- Picky eating and food obsessions
- Navigating body image concerns
- How to support our kids when we still have our own struggles

It's a supportive, judgment-free space filled with parents who are learning how to ditch diet culture and balance the challenges of modern parenting. [Come join us!](#)

RAISING ANTI-DIET KIDS

with Diana Rice, RDN

